



SCREEN TIME TRACKER

Track today. Make better choices. Have more fun!



My Name: _____



Week of: _____



My Goal:

I will spend no more than _____ hours on screens each day.



DAY	SCREEN TIME (HOURS)						TOTAL (HOURS)	DID I STAY WITHIN MY GOAL? ★
	LEARNING 	ENTERTAINMENT 	GAMES 	VIDEOS 	SOCIAL MEDIA 	OTHER 		
★ MONDAY							_____	YES NO
🌍 TUESDAY							_____	YES NO
☁ WEDNESDAY							_____	YES NO
☀ THURSDAY							_____	YES NO
🌈 FRIDAY							_____	YES NO
★ SATURDAY							_____	YES NO
❤ SUNDAY							_____	YES NO
WEEKLY TOTAL	_____	_____	_____	_____	_____	_____	_____	—



DAILY SUMMARY

My average screen time this week:

_____ hours

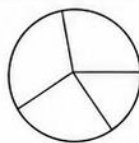
The most I used screens in one day:

_____ hours

The least I used screens in one day:

_____ hours

HOW I SPENT MY TIME



- Learning _____ %
- Entertainment _____ %
- Games _____ %
- Videos _____ %
- Social Media _____ %
- Other _____ %



TOP 3 APPS / WEBSITES

- _____
- _____
- _____



MY GOALS

- ★ I will use screens for learning.
- ★ I will ask before using screens.
- ★ I will take breaks.
- ★ I will play outside and be active.
- ★ I will spend more time with my family and friends.



MY WEEKLY REFLECTION



What went well this week?



What can I improve?



How did I feel about my screen time?



What will I do differently next week?

➡ BALANCE YOUR SCREENS. ENJOY REAL LIFE! ❤ ➡